
STRONGER AND BETTER BALANCE

CATEGORIES: Not Categorized

LEVEL: Intermediate

EXERCISE COUNT: 8

URL: <https://dancer-fitness.com/plan/stronger-and-better-balance/>

Do these as a full workout or pick a few as a warm up for class

CLOCK BALANCE CHALLENGE

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/clock-balance-challenge/>

DYNAMIC WARM UP SERIES

LEVEL: Advanced

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/dynamic-warm-up-series/>

STANDING HIP MARCH

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/standing-hip-march/>

COMBO – SINGLE LEG

LEVEL: Beginner

CATEGORY: Strength, Warm Up

Do this combination exercise all at once or break them apart and mix throughout your warm up. Utilize these combos as a dynamic warm up or a quick full body engagement before running skills or going across the floor

Featured Exercises: [Walking Airplane Warm Up](#), [Shiva Squat](#)

<https://dancer-fitness.com/exercise/combo-single-leg/>

ADDUCTOR DRILL

LEVEL: Beginner

CATEGORY: Strength

<https://dancer-fitness.com/exercise/adductor-drill/>

SIDE PLANK LEG EXTENSION

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/side-plank-leg-extension/>

HOVER EXTEND

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/hover-extend/>

STRAIGHT KNEE LIFT

LEVEL: Advanced

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/straight-knee-lift/>